

APARNA SEKHAR, M.Ed., C. Psych Ontario (Active), General Psychologist in Australia and New Zealand.

PROFESSIONAL SUMMARY

Registered Psychologist with 19 years of progressive experience across clinical, forensic, and private practice settings in Canada, Australia, and New Zealand. Specialized expertise in trauma-informed therapy, risk assessments, and working with diverse populations including Indigenous communities, youth within the justice system, and individuals from conflict-affected regions. Demonstrated success in delivering evidence-based interventions in correctional, mental health, and workplace settings while maintaining cultural sensitivity and collaborative approaches. Current focus is on providing EMDR therapy to process trauma responses.

CORE COMPETENCIES

Clinical Expertise:

Trauma & PTSD Treatment | Schema Therapy | EMDR

Forensic Psychology:

Risk Assessments | Parole Board Evaluations | Correctional Psychology

Specialized Skills:

Cultural Competency (Māori, Pasifika, First Nations) | Critical Incident Stress Management | Individual Therapy

Assessment Tools:

TSI - 2 | LSI | VRS | VRSSO | PAI | MCMI | Wechsler Scales

PROFESSIONAL EXPERIENCE

General Psychologist – Private Practice

September 2022 – Present

New Zealand

- Provide specialized trauma therapy for individuals with sensitive ACC claims, delivering evidence-based treatment for mental health injuries
- Conduct comprehensive psychological assessments and diagnoses for complex presentations
- Utilize EMDR, Schema Therapy, and somatic approaches to address trauma-related symptomatology

General Psychologist – Department of Corrections

May 2020 – Present

New Zealand

- Deliver psychological assessment and treatment services to young men (ages 17-25) previously within Hawkes Bay Regional Prison and currently in Wellington (Rimutaka Prison)
- Prepare detailed risk assessment reports for the New Zealand Parole Board, evaluating risk factors and recommending treatment pathways
- Facilitate family engagement initiatives to enhance connection and communication within the family unit
- Advocate for client needs in stakeholder meetings, collaborating with multidisciplinary teams to optimize outcomes within the correctional environment
- Apply culturally responsive practices when working with Māori and Pasifika youth

General Psychologist – EAP Services

January 2020 – May 2020

New Plymouth, New Zealand

- Delivered short-term individual counseling and crisis management services through Employee Assistance Program
- Addressed workplace disruptions and supported employees with occupational stress and mental health concerns

General Psychologist

June 2019 – December 2019

Australia

- Provided psychotherapy for adolescents and adults presenting with diverse psychological conditions
- Completed third-party and workers' compensation assessments with comprehensive treatment planning
- Demonstrated adaptability in transitioning psychological practice across international jurisdictions

Registered Psychologist – Medical Centers

February 2016 – June 2019

Canada

- Conducted in-depth Motor Vehicle Accident (MVA) assessments and delivered targeted therapy for psychological impairments
- Specialized in treating clients from war-affected regions (Iraq, Syria, Sri Lanka) experiencing complex trauma presentations
- Provided culturally sensitive interventions while addressing systemic barriers to treatment access
- Integrated trauma-specific evidence-based approaches to address post-traumatic stress symptoms

Registered Psychologist – Traumatology Institute

August 2015 – March 2016

Toronto, Canada

- Implemented tri-phasic trauma treatment model: safety/stabilization, trauma processing, and adaptive reconnection
- Applied integrated CBT framework layered with relaxation and mindfulness techniques to regulate autonomic nervous system

- Conducted assessments for workers' compensation, insurance claims, and MVA cases
- Administered comprehensive psychological testing including PAI, Beck Scales, PTSD Checklist, and Life Events Checklist

Psychologist – PAR Consultants

January 2013 – July 2015

Canada

- Provided long-term and short-term psychotherapy for individuals, couples, and families through private practice and EAP referrals
- Delivered prompt crisis management services including Critical Incident Stress Management (CISM) for corporate clients
- Utilized mindful CBT to address grief, anxiety, maladaptive beliefs, and confidence issues
- Treated diverse presentations including grief, post-partum depression, eating disorders, trauma, and marital conflict
- Maintained active caseload averaging 20 clients per week

Psychologist – Correctional Service Canada (Federal Government)

October 2011 – December 2012

Canada

- Conducted forensic risk assessments for parole board hearings across minimum, medium, and maximum-security facilities
- Provided concurrent therapy services addressing anger management, trauma, and interpersonal conflict
- Administered and interpreted forensic instruments: LSI, Static-99, Stable-2007, PAI, and VRS
- Responded to psychiatric emergencies and completed suicide risk assessments
- Collaborated with First Nations Elders to deliver culturally appropriate interventions
- Balanced clinical caseload while completing comprehensive risk assessments monthly

Psychologist – Mental Health Services (PAPAHR)

July 2010 – October 2011

Canada

- Delivered psychological assessment and treatment services for children and adults in community mental health setting
- Facilitated therapeutic groups for domestic violence offenders and psychoeducational groups for depression/anxiety
- Conducted court-ordered assessments for at-risk youth from detention centers
- Utilized comprehensive assessment battery including Jesness Inventory, MMPI, Wechsler Scales, Conners Scales, and SAVRY

Psychological Associate – Correctional Service Canada

January 2009 – June 2010

Canada

- Performed intake interviews and diagnostic evaluations for incoming federal inmates
- Conducted pre/post assessments to monitor institutional adjustment and mental health functioning

Psychologist (Provisional) – PAR Consultants | Canada

January 2007 – January 2009

- Provided therapy for clients presenting with mental health concerns at home and the workplace

Educational/Career Counselor – SIAST Wascana | Canada

January 2007 – January 2009

- Provided career counseling and planning for clients who were transitioning and/or out of work as well as new immigrants to the country
- Referred clients when needed to community resources
- Assessed students for learning disabilities and ADHD

Parental Care Worker – Paul Dojack Youth Center | Canada

April 1999 – December 2008

- Worked with a large First Nations adolescent population to provide supportive services such as therapy, security, crisis intervention, administration, and tutoring
- Helped build cultural connections by taking clients to cultural ceremonies and participating with them
- Worked with a large First Nations youth population and attended culture awareness workshops to expand cultural knowledge and understanding

Teachers Assistant – Regina Public Schools | Canada

July 2006 – January 2007

- Provided supportive services to elementary and high school students with learning, mental and physical disabilities
- Provided teacher support services

EDUCATION

Masters in Educational Psychology

May 2005

University of Regina, Saskatchewan, Canada

Bachelors in Arts, Honors, Psychology

May 1998

University of Regina, Saskatchewan, Canada

PROFESSIONAL REGISTRATIONS & MEMBERSHIPS

General Psychologist – New Zealand Psychologists Board (Current)
General Psychologist – AHPRA, Australia (Current)
Registered Member – New Zealand Psychological Society
Registered Member – The College of Psychologists of Ontario
Member – Ontario Association of Psychological Associates (OAPA)
Former Associate Member – Australian Psychological Society

CERTIFICATIONS & SPECIALIZED TRAINING

Recent Advanced Training (2023-2025)

EMDR Level 1 Training (Part 1 & 2) – Tal Moore, 2024-2025
Integrating IFS Techniques for Trauma Resilience – Dr. Richard Schwartz, 2024
Somatic Training for Trauma (65 hours) – Paris Williams, 2024
Schema Therapy Level 1 & 2 – 2023
Static-99R & Stable-2007 Assessment Training – 2023

Core Certifications

Certificate of Clinical Traumatologist – Traumatology Institute, 2016
Certified Hypnotherapist, 2015
Certified Life Coach Practitioner – Certified Coaches Federation, 2018
PCL-R Training – Nick Wilson, 2020
Violence Risk Scale Training, 2020
Gottman Couples Therapy Level 1, 2019

Forensic Assessment Training

LSCMI Training (12 hours), 2021
VRSSO Training, 2020
Static-99R Training, 2020
Sex Offender Assessment (Static, Stable & Acute), 2012

Therapeutic Modalities

CBT & Mindfulness-Based Cognitive Therapy (MBCT) – Peter Bieling, 2018
Dialectical Behavior Therapy Part II, 2015
Acceptance and Commitment Therapy (ACT), 2022
Motivational Interviewing, 2008

Cultural Competency

Māori Ora – Sir Mason Durie, 2021
Rangatahi Māori – Meiahana Durie, 2021
Aboriginal Awareness Workshop, 2008
First Nations Cultural Ceremonies

PROFESSIONAL ACHIEVEMENTS

Successfully passed EPPP (North America) and National Psychology Board Exam (Australia)

Delivered Critical Incident Stress Management (CISM) services to first responders, hospitals, and corporate institutions

Conducted court-ordered assessments for justice system and parole board assessments for correctional centres

Developed culturally responsive therapeutic approaches for Indigenous and refugee populations

References available upon request